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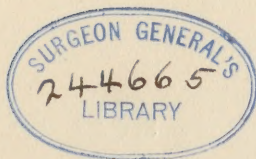
A TREATISE ON
HOW TO PRODUCE
MALE OR FEMALE

By

C. A. KLEIN, M. D.
Obstetrician

Specialist in Women's and
Children's Diseases

[1922]



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PREFACE

The greatest mistake of Scientists, while preparing a manuscript for publication, can usually be traced back to the fact that many of them are of the opinion, that a clear understanding could not be conveyed without the extensive use of elaborate and superfluous language. The author, in preparing this little book, realized this fact clearly and battled constantly to condense his thoughts as much as possible, without destroying the real value of the subject. The business men and women of today, who undoubtedly will constitute the majority of readers, find more profitable employment than reading a conglomeration or collection of unnecessary allegorical expressions, therefore the author presents herewith this little book which contains nothing but the kernel extracted from his findings during the years of scientific investigation in the practically unexplored field of Sexuality, and expresses herewith his desire and sincere hope that the reader may find in it the exact solution of a problem which is and always has been of universal interest.

C. A. KLEIN, M. D.

Chicago, Illinois.

I

A BABY

pure and clean, is the masterpiece of God. There are at present about two million babies less than a year old in the United States. It is however a sad fact, that of this number more than two hundred and fifty thousand die, before they are one year old. In the United States are less than one hundred and fifty thousand people of all ages dying annually of that great, white plague—Tuberculosis. If we compare the number of Infants that die annually with the mortality rate of tuberculers, it enables us to realize the sad fact more clearly. But why are so many of these poor, innocent children laid away before their time? It is partly due to the unpreparedness of mothers, partly to the diseased state of mankind and to a small extent to contagious, infectious diseases, contracted during the first few days, weeks or months of their little life. The time has come when the parents ought to stop for a moment and examine themselves to see whether they cannot help to save many of those little ones that are going down into the grave because of ignorance and neglect.

If we consider the various causes that demand those little lives, we learn that about :

*75,000 die because they were born prematurely.

*64,500 from digestive diseases, (stomach, intestines).

*39,500 from respiratory diseases, (Bronchitis, Pneumonia).

*22,000 of whooping cough, meningitis, tuberculosis, syphilis, measles, diphtheria, croup, influenza, tetanus and scarlet fever.

15,000 as the result of malformation and heart diseases.

7,000 of injuries received at birth.

5,500 of convulsions, and about

20,500 of various other causes.

Of the two hundred and one thousand infants mentioned under the first four groups of causes, fully half, or one hundred thousand could be saved, were parents properly instructed. The intent of the writer is, to give those that come in possession of this little book some suggestions that might help them to save at least their own, if not some of these little ones belonging to their friends and neighbors.

Considering the first seventy-five thousand infants which die on account of premature birth, we

wonder why it is, that this number is so enormous, but if we consider, we realize that more than 40% of them have syphilitic parents and that another 17% are cases in which the mother used injurious drugs, principally Emmenagogues, while the balance of them is to be ascribed to improper care and mistreatment of the mothers during pregnancy, malnutrition, tuberculosis, heavy lifting, hard physical labor, especially during the last four months, excessive fear and unnecessary trouble and worries, injuries, etc., etc. All these causes tend to weaken the vitality of the mother and consequently, the baby's capability to live. Social conditions are at present such as to cause urgent need that parents be educated in matters pertaining to sexual hygiene. The annual death toll from the social diseases (syphilis, gonorrhea and their complications) and the misery and woe and unhappiness and blighted lives and domestic wretchedness, resulting from these diseases, are such that no pen can portray the condition that exists in the world today. If it would stay with the parents alone, those that are largely responsible for those conditions, it could be considered a justifiable effect to the cause. But unfortunately, this is not so. The consequences cause others to suffer innocently with them. Children are born into the world without the capability to live, or if they do live, are defective mentally or physically,

and thus became a burden upon society and the State. A few of the facts are here mentioned which should be considered by every parent.

Twenty per cent of all blindness is due to gonorrhea on the part of one or both parents.

About fifty per cent of all involuntary childless marriages are due to gonorrhea.

From one-fourth to one-third of all cases of insanity are due to syphilis. Many cases of Epilepsy can directly be ascribed to the same cause.

According to various authorities, forty to sixty per cent of all operations upon women for diseases of the womb or the ovaries are due to gonorrhea. One author believes that this percentage is way too low and establishes proof that he has traced about seventy-five per cent of his cases back to this disease.

Every prostitute, public or private, contracts venereal disease, sooner or later, and infects all who patronize her.

There is no immunity from these diseases, and it is doubtful whether, a person who has once received the infection, can be entirely cured.

Dr. Albert Abram, eminent physician, of San Francisco, Cal., finds through his new discovery that all cases of tuberculosis, cancer and many other diseases are directly attributable to syphilis. He states: "Cancer, tuberculosis and other diseases can only

thrive on a syphilitic soil. If we wish to eradicate disease, we must commence with the soil.' And, what is the morbid soil in the human body? Syphilis. No syphilis, no disease. It is a sad fact that with very few exceptions *vaccination* with impure vaccine was the agent which introduced syphilis into our body.

If parents are clean, then motherhood should cause no fear of trouble, for to give birth to a baby is entirely natural and normal. An expectant mother should strive to let her time of pregnancy be joyful and happy moments, because much of the Child's happiness will depend upon the mother's happiness while forming that child. A husband should be very considerate, since it is his offspring, as well as hers, that she is bringing into this world. As soon as a woman realizes that a child is coming, she should consult a good and experienced physician, have him examine her thoroughly, and follow his directions. This will save her much trouble, worries and possibly the sad experience of miscarriage. A nervous, frightened, overworked, discouraged or undernourished woman can never expect to have strong, vigorous, healthy children.

Perfect happiness depends upon perfect health, and a child should be offered every opportunity that it may enjoy health and with it happiness.

The expectant mother requires an extra amount of sleep and at least one or two hours rest during daytime. Excessive labor, especially during the later months will bring delicate and small children. Violent exercise in any form must be avoided. Keep the pores of the skin open by the use of a daily bath. It is absolutely essential to have at least once a day one satisfactory movement of the bowels. If the mother is subject to constipation, a physician should be consulted and the treatment employed, to be directed towards removing and rectifying the underlying cause of the trouble, rather, than treat the symptoms. Various lines of treatment, which may be pursued in treating constipation, or to prevent it, are here enumerated.

The diet should be dry; all foods should be masticated thoroughly and eaten slowly. Drinking is to be avoided during meals, while the use of plenty of fresh water is highly recommended one or two hours after eating. All fresh or stewed fruits as: Apples, prunes, figs, peaches, bananas, oranges, blueberries, etc., are good laxatives. Free water drinking at bedtime and one or two glasses of cold water half an hour before breakfast is beneficial.

Light, outdoor exercise, walking, rowing, etc., are excellent to correct or prevent constipation. In case a cathartic is required for chronic constipation, the

Aromatic Cascara Sagrada preparation is perhaps the best. Pluto or Hunyadi water is also considered quite efficient and harmless.

HYGIENE OF PREGNANCY

MENTAL: Every pregnant woman should remember that she is modeling another life and character. As previously stated, she should be cheerful, happy and contented, avoiding excitement, anger, passion, and worry. She should seek to control every feeling to the best of her ability.

It will be greatly appreciated by any woman if her husband exercises special care during her time of pregnancy, in controlling his temper. Much of the happiness of the pregnant mother, as well as the child's, depend upon the husband's or father's ability to master himself. It is his duty to bear his share of the inconvenience, and he should consider it a privilege rather, than a burden.

RECREATION: Household duties are usually sufficient to occupy the attention of most women. However, a woman should make it a rule to be out in the fresh air every day. Walking is about the best exercise. It is a false state of society that induces a pregnant woman to confine herself to closed walls, and only appear out after dark, as if she were a criminal, or ashamed of her condition. A normal woman should be almost unconscious of her condition. This will have a happy influence upon others.

The popular notion that a pregnant woman should avoid all study or hard mental effort is another erroneous view that should be relegated to the past.

DRESS: Corsets, tight bands, and heavy skirts should never be worn. Every garment should be comfortable, free and easy, and equally distributed. Combination suits are the best. The limbs should be well protected.

DIET: A wholesome, unirritating diet should be adopted, but not too rigid or extreme. Tea and coffee should be avoided, and, as a rule, meat. However, at times a little beef or chicken satisfies a craving that will be easily dissipated if indulged. Pickles and all condiments should be avoided. Sweet, natural wines of grape, blackberry, or other fruit juices, will often be relished. Free water drinking is important. Excessive eating of meat during pregnancy will cause a large-boned child, and a large head, thus making labor more difficult.

BATHING: If the patient is accustomed to it, a cold, sponge bath, or a plunge in a bathtub, followed by vigorous friction with a coarse towel, should be taken every morning until it becomes inconvenient to do so, at least during the first four or five months. If one is not accustomed to cold water, cold application to the abdomen should be avoided. A warm bath should be taken once a week.

Many of the difficulties of labor can be relieved if the patient will follow a few simple treatments during the last two months of pregnancy.

One good treatment consists of a sitz bath,—which can be taken either in a bathtub or an ordinary washtub. Begin the bath at a temperature of 96 degrees F. and gradually lower the temperature to 88 degrees F. Continue the treatment for fifteen minutes. Dry thoroughly. This may be taken daily or three times a week.

While taking a sitz bath, the patient should have another basin with warm water in which she takes a foot bath to prevent chill. The foot bath should be taken as warm as can be tolerated comfortably.

Another excellent treatment is a neutral bath, which should range in temperature from 98 degrees to 94 degrees F. This may be taken each evening, or on special occasions. If the patient is troubled with insomnia (sleeplessness) nervousness, or various pains, the neutral bath for thirty minutes gives the most gratifying results. A vaginal douche at 100 degrees F. should be taken occasionally for cleansing purposes only. Avoid hot or cold douches, hot or cold foot baths, except a hot foot bath when taken in connection with a sitz bath; also avoid any very long, hot application to the abdomen. Pains in the back and abdomen will be relieved by short but very hot

fomentations, for five to ten minutes. A simple, yet very efficient way to give fomentations, is by using a hot water bag. Fill it half full of hot water, wrap in a piece of flannel, or a heavy bath towel around it, then lay a thin cloth, wrung out of warm water over the part affected and place the wrapped hot water bag over it. If the heat is not sufficient, part of the wrapping ought to be removed. The results are most gratifying if the fomentation is taken as hot as can be tolerated without burning.

NAUSEA AND VOMITING: If this is severe, remain flat on the back and do not raise the head. Apply a cold compress or a girdle compress over the stomach and cover with a piece of flannel. Sip hot water, hot lemonade, ginger tea or ginger ale, or a little carbonated water. Fifteen to twenty grains of bismuth subnitrate or the same quantity of sodium bicarbonate (common baking soda, *not* baking powder) will relieve some patients, especially where there is nausea after eating, due to fermentation.

If the vomiting is persistent, an icebag over the stomach or a cold trunk pack may be necessary. Consult your physician, he will find the underlying cause. In some cases I have found that Ichtyol tampons applied to the neck of the womb, will stop vomiting.

CONSTIPATION: This subject has been treated elsewhere in this booklet; however, it is important enough

to mention it once more. See that the bowels move regularly. They can best be regulated by exercising and care in the selection of the diet. An enema may be necessary. If a laxative is needed, take a teaspoonful of Aromatic Cascara at bedtime. The aromatic preparation is the best. Mineral water, as Pluto or Hunyadi, are considered good. Active purgation should be avoided.

TEETH: Any needed dentistry should be attended to during the first two or three months.

THE BREASTS: If the nipple is small or flat, it should be massaged, by drawing it out with the thumb and fingers. The nipples may be hardened by rubbing them daily with witch hazel, tannic acid in alcohol, twenty grains to the ounce, or alcohol alone.

CRACKING OF THE SKIN OVER THE ABDOMEN: This may be partially prevented by rubbing the abdomen every night after the fifth or sixth month with olive-oil or cocoa-butter.

VARICOSE VEINS: These are caused in the legs by the pressure of the uterus upon the veins. They cannot be prevented, but will be relieved by keeping off the feet as much as possible.

URINE: The urine should be examined frequently, to see that the kidneys are in good condition.

WHY AM I A MALE OR A FEMALE?

For years it has been a great mystery to me, why medical science was unable to give me a satisfactory explanation, as to the causes for producing male or female. I have attended many cases of confinement and always wondered, what the happy surprise would be,—a boy—or a girl. Fathers and mothers, both were frequently impatiently awaiting the arrival of the happy news. Many times have I also seen disappointed faces when the little newcomer was the opposite sex of what was expected. Naturally we thought, like everybody else, it was to be that way, and were satisfied. I was keeping records of all confinement cases I attended during my practice and looked them over and over again, until I realized that under normal conditions a male was born at a certain time and a female at another time. It had happened in several families, that two girls had a birthday during a certain month, and in one of those same families two boys had a birthday also in another month, while after investigating closely, I found many families in which were two or more children of one sex being born in the same month, maybe years apart. This naturally aroused me to think and study the

subject more closely with the result, what has been a mystery to me for years, and is still a mystery with many millions of people today, is clear to me now.

There was a time when every one of us had a beginning, and this beginning dates not from the time of our birth, but back to the day of our conception.

Under conception is understood the impregnation of the ovum, or the first stage of generation on the part of the female. Conception is most likely to occur following cohabitation the first few days after menstruation. When conception has taken place, the term: "pregnancy" is then introduced, which expresses the condition of being with child, or the state of a female after conception until the birth of the child.

The majority of women have their best health during pregnancy, due to the intense stimulation of every function of the body. Every latent force seems to be aroused. Watching this fact, I soon realized that this period—the time, starting at conception and ending at birth,—was of material importance, at least sufficient for me to investigate it more closely. After careful investigation and years of research, I arrived at a theory, which theory I applied to practical tests and was amazed to find, that in most instances I could tell the sex of the expected arrival from the day of conception ahead. Most women know

when they conceive, while some do not know. In the latter cases I could predict the sex by figuring back to the day of conception, applying my experience in making physical examinations, judging by the changes that take place in the position of the uterus, or from the time the quickening motion of the fetus is being noticed. There are but very few cases in which this test failed, and those cases were instances in which both parents were sexually equal in strength, or where both parents were born during the same month, with possibly several years between the two, or cases in which either parent was one of twins or triplets with difference in sex. (If the twins or triplets however are all of one sex, this test stood correct). For instance: the mother of the father, or mother, second generation, gave birth to twins, one a male the other a female, of which twins the father or mother, second generation is one; another, but comparatively rare instance of failure was, where pregnancy was abnormal, as in interstitial—tubal, ovarian—or abdominal pregnancy, either proper or secondary.

Those few cases are abnormal and would not comply with any test, or set rule, no matter how perfect the same might be.

This test which I will describe in the following pages is absolutely reliable, based upon scientific research and the result of years of the most intense

observations and investigations. However, I cannot bind myself to guarantee that the offspring will be exactly what the reader expects, since I do not know whether he or she follows the instructions as carefully as I will outline the same, further is it impossible for me to know his or her sexual history. Under normal conditions, I feel assured, that the results obtained by following my instructions, will be satisfactory in 98% of cases put under test.

The author publishes this little book with the sincere wish that the reader be satisfied with the results obtained in bringing forth an offspring of the sex desired, and is assured that this little work certainly will be counted as one of the greatest achievements of science pertaining to race propagation; he also expresses his hope that the results of his labors shall find the homes of those that have looked in vain for a solving of this important question.

TO REPRODUCE

one has to be first of all—ablebodied, of a sound mind and free from venereal disease. It is an injustice to those poor innocent children that are brought into the world with a diseased body or crippled. It is further an injustice to use a woman, the best companion a man has, as a breeding machine. A woman that brings children into the world, needs attention. The fact has long been proven that a farmer pays more attention to his stock he uses for breeding purposes, than most men pay to their wives. This should not have to be said, but most men are more or less careless about according their wives proper respect and consideration. If one expects anything, he is also under the obligation to give something else in return. Most women appreciate a rest from sexual life once in a while. Excess in cohabitation is detrimental to health, it tears down the body, ages prematurely, causes people to disrespect each other, besides these, it has caused many a child to be maimed and idiotic. The organs of reproduction were given for the purpose of re-producing and not for pleasure's sake. There is altogether too much sensual gratification exercised, especially among the younger classes.

It is true that man rarely attains the full limit of his life, it being abridged by his violating the laws of his physical organization. The results are weak, anemic children, susceptible to all kinds of diseases. It is alarming that 13% of all children never reach their first birth anniversary and another large percentage die before they would be five years old. Do we want our children among them?—is the question parents should ask themselves.

In planting a garden, we prepare the ground, enrich the soil and as soon as the seed is imbedded we let it rest until the plants make their appearance. We would not think of disturbing the seed by digging around it, but see to it that nothing preventable will interfere with the germination and growth of the little, tender plants, because we want them to grow up to be strong and vigorous. Are men applying the same rule to the care and protection they give their wives, the expectant mothers of their children? I am glad to be able to say that some do, while the majority of men are giving this subject little or no thought whatever. This ought not to be so. We say, we love our wives—would we wish them to treat us the way we thoughtlessly treat them at times? “Certainly,” we usually hear someone say, “I did not intend to do her any harm, it was all done or said on the impulse of the moment.” But how often does this “impulse”

interrupt the happiness of our wives? Most men are proud of their children, and why should they not give them a good start, and the proper, due consideration from the very beginning, which is conception by helping rather than discouraging their mother—our wives?

As previously stated, a human being begins at conception and interference with its existence is criminal.

Often women are called the weaker sex, but have we ever stopped long enough to realize that they are bearing more discomfort and pain for our sake and our children's sakes, than men would be willing to bear? knowing that they are willing to suppress more discomfort than men would, let us see for ourselves whether it pays to regard their mortal feelings a little more than is customary, and then only plan to have that next boy or girl.

HOW TO APPLY THE RULES FOR PREDICT- ING OR DETERMINING THE SEX

To be successful in working out my methods of determining the sex, the parents must know their birthdate, the month and the day, not necessarily the year; further they should know whether they were born at the expiration of the normal period required, which is about 280 days, or whether they were born, as is frequently possible, at seven or eight months, or as in a few rare cases, at ten months.

With the date of your birth turn to pages 38 and 39 and there find the day of your conception, which is given in the same column opposite the date of your birth. This is the basis for our figuring.

Suppose we would like to have a girl, and we say the father was born on June 21st, the mother on May 12th. I have chosen these dates because they represent about the most difficult ones to figure, since both birth dates are close together, and consequently, the dates of conception are just as close to each other as an absolute, sure calculation will permit. In the above instance we have about forty days between the two birth dates; now, considering that it may be that either parent may have been born a week or two be-

fore or after the normal time, we have to deduct from each parent one week, which brings the two dates still closer together, leaving only 26 days which we may term a safe time in which a favorable conception can be expected. This same period of twenty-six days repeats itself twice every year.

Let us now see how easily the problem is solved.

EXAMPLE No. 1

Father's birth: June 21st, normal conception,
September 14th.

Mother's birth: May 12th, normal conception,
August 5th.

If we are expecting a girl, the mother must conceive closer to her day of conception than that of her husband. The favorable time here would be from August 12th, (adding one week to August 5th, date of mother's conception) to September 7th, deducting one week from September 14th, the date of father's conception. The second favorable period would be seven months after father's date of conception, and begin on April 14th, and close with mother's birth date, which in this case is May 12th. So we see the fecundation* period is rather short and conception

* (By fecundation period we understand that space of time in which the union of the male and female generative cells takes place, the process whereby the ovum acquires the power of becoming developed into a separate individual.)

must take place immediately after menstruation between those dates mentioned above.

Now, we will suppose that we want a boy, from the same parents; the period here is much more favorable than in the first instance.

EXAMPLE No. 2

Father's birth: June 21st, normal conception,
September 14th.

Mother's birth: May 12th, normal conception,
August 5th.

In order to give birth to a boy the mother must conceive closer to her husband's conception than her own, which is in this case logically more easily possible, since mother was conceived about forty days before her husband's conception took place, consequently after the expiration of that period of forty days father's period is new and therefore, the strongest. The favorable time begins with September 21st (adding one week to the normal day of father's conception, which would be September 14th) to allow for any possible variation of time of his mother's pregnancy, and ends seven months later, or with April 12th, the following year, a total of about two hundred and two days. The second period is very short and starts May 12th, and ends with father's birthday, on

or about June 21st, a total of about forty days. It will be well however, to deduct from each end (May 12th and June 21st) one week to allow for possible prematurity or prolonged pregnancy which shortens the second fecundation period to twenty-six days.

On the following pages I will illustrate more closely the working of this problem by giving a few additional examples. Take a pencil and some paper and work out each problem separately and soon you will master any possible confusion, that might still be in your mind.

EXAMPLE NO. 3

Father's birth: February 17th,

Conception: May 13th, previous year.

Mother's birth: August 24th,

Conception: November 17th, previous year.

For a girl we have a period starting on November 17th, or safer would be November 24th, and ending with May 13th; the second period in this instance cannot be figured with, since there are six months between both conception dates, and a period of at least seven months are required to have a second fecundation period.

For a boy, the favorable time begins with May 20th (13th and 7 days) and ends with the day of

mother's date of conception, November 17th. (Better however, to deduct one week, thus bringing it back to November 10th.)

EXAMPLE No. 4

Father's birth: January 2nd,

Conception: March 28th, previous year.

Mother's birth: October 19th,

Conception: January 12th, same year.

For a boy, count from March 28th, add one week, which will bring it up to April 3rd, now add seven months fecundation period, thus bringing the final date at which a favorable conception can take place to November 3rd.

For a girl, begin one week after the date of mother's conception, which is January 12th (add seven days from January 12th to January 19th,) count to the 21st day of March,—one week before father's conception anniversary, making a total of sixty-one days. For a second favorable period start counting with November 10th which is one week added to November 3rd, the end of father's fecundation period, and count to the day of father's birth,—January 2nd—allowing us a total of fifty-three days.

Always remember that the closer to the day of conception, the stronger the parents are to produce

their sex, and if a girl is wanted conception must take place closer to mother's day of conception than that of father's. If a boy, vice versa. There is absolutely no mistake to be made if one takes a pencil and paper, turns to the calendar in the back part of this booklet and then figures a little.

CARE OF THE INFANT

The next subject to be considered is, “are we, who want children, prepared to take care of them properly?” Do we know that after the baby comes, the mother’s greatest responsibility has commenced, and that its health, growth and happiness depend largely upon the mother’s? There is a great deal of inconvenience and trouble connected with the bringing up of children, which, however, will gladly be borne by any parent, especially if the babies are healthy and happy. This can be assured by following a few simple rules:

See that the baby’s bowels move every day; never allow a day to pass without a satisfactory movement.

Keep the baby always in pure, fresh air while awake and while sleeping. Avoid drafts, overheated rooms, dust, crowds, sickrooms, especially if there are colds or other lung diseases present. It is wrong to think that children must have measles, whooping cough, etc., because all these diseases leave some after-effects which often keep the children weak and delicate for many years.

Sunshine purifies the air, and it is as necessary to children as to plants. Rooms used for the baby should

be the sunniest in the house; for rooms flooded with sunshine most of the day are the most healthful to sleep in at night. Children deprived of sunshine grow up pale and weakly. They succumb readily to diseases like pneumonia, bronchitis, etc., and the death rate from all diseases among infants in poorly ventilated rooms is forty per cent higher than among those strengthened by plenty of fresh air.

The baby's bedroom should have at least two windows to allow perfect circulation of air. From birth, these should be open at night, unless the weather is very cold, windy or raw. Never leave the baby's bed in a draft, it is best to place it in a corner or to change the current of air, by using screens, by lowering windows from the top, or by the use of "ventilators" which throw the air upward. Until the baby is a month old the room temperature should be 65 to 70 degrees by day and 60 degrees by night. After that age it may be gradually lowered by night. Open all windows for thorough ventilation during the day. It is more injurious to the baby to bathe its lungs in foul air than to bathe its body in foul water.

From birth to six months, the baby sleeps sixteen hours out of the twenty-four, and it is quite easy, as a rule, to see to it that the air is pure, while the baby sleeps. The mother's reward will be rosier cheeks,

better health, better digestion and a sweeter disposition than her baby would otherwise attain.

After the cord drops off the healthy baby should be given a tub bath daily till at least two years old. Do not omit bath except on Doctor's orders, as the health of the skin depends first on keeping it clean.

Keep baby's little tub scrupulously clean. Use it for nothing else but the baby's bath. Sore eyes start often from germs and dirt when baby's tub is used by other members of the family, or for soiled clothes. Never use a sponge, because it readily harbors germs. Use cheese-cloth or soft, old, white wash rags that can be boiled. Save soft old towels for the baby's exclusive use, and have them clean every day. Use pure, white, non-transparent soap, preferably Castile.

Wait until at least an hour after feeding to bathe the baby. The best time is usually in the morning. Do not have the room so hot that the baby perspires, as this may result in catching cold afterwards. The room temperature should be about 72 degrees F. Avoid drafts. Give the bath quickly; avoid delays; have everything needed close at hand before commencing to bathe. Never rub the baby's skin, dry it thoroughly, use talcum powder sparingly and only on those parts where it seems necessary.

Give the baby plenty of warm boiled water to drink.

Bathe it daily, keep it always clean, and its clothes dry. Everything that the baby is apt to put in its mouth must be absolutely clean.

Keep its hands and feet warm and its little body, especially the abdomen, warmly protected. Never resort to medicines if the baby is sick. Most of them contain harmful drugs. If the baby cries, it might be hungry, wet or in pain. Never give Morphine or Opium, they are poison for the baby. If intelligently used, Castor Oil and Milk of Magnesia or an enema are about the only home remedies to be employed. If the baby is sick, consult your doctor.

Since all infants are extremely nervous, parents must avoid exciting them, or playing with them, or handling them too much. Never trot, shake or bounce the baby. It is a bad habit to walk the floor with the baby. Be careful in handling the infant, its bones are quite soft for some time and unnecessary holding or handling may develop into a spinal curvature. Usually a little handling and petting relaxes a baby, however, a baby should lie quietly in bed as much as possible until it is strong enough to sit up alone and play.

Food ought to be given regularly, by the clock and not by impulse. Whenever possible, a mother should

nurse her baby, because mother's milk is the best and safest food for it. Whenever artificial food is required, fresh cow's milk, properly modified, should be used.

Love is the sunshine of the baby's mind, and it is the mother's loving talk which guides the little one in its marvelous mental unfolding. Discord, impatience, and needless correction, shock and stunt the baby's intellect. Talk to the baby; never talk baby talk however. Repeat the same words happily, musically, correctly, day after day, giving those words you want it specially to learn a little tune or inflection, because babies learn intonation before they learn syllables. Let the baby take its own time to do or say things, never hurry it mentally. Never set it intellectual tasks. Never perplex it with too much entertainment, or too many toys. Keep its mental life serene, yet satisfied, and the body healthy.

Intelligence and mother love are equally needed for the double task.

TABLE FOR CALCULATING THE DURATION OF PREGNANCY AND THE PROB- ABLE TIME OF LABOR

NOTE: Normal labor occurs in about two hundred and eighty days from the beginning of the last menstrual period. After having ascertained that date, you will find the figures adjacent to the right hand one of each column to designate the time when the event may be looked for. To illustrate:

January 10th confinement would occur October 17th, April 1st, January 6th.

To find the date of conception start with the day of birth in the right hand column and adjacent to the left will be the probable date looked for.

FIRST HALF

Jan.	Oct.	Feb.	Nov.	March	Dec.	April	Jan.	May	Feb.	June	March
1	8	1	8	1	6	1	6	1	5	1	8
2	9	2	9	2	7	2	7	2	6	2	9
3	10	3	10	3	8	3	8	3	7	3	10
4	11	4	11	4	9	4	9	4	8	4	11
5	12	5	12	5	10	5	10	5	9	5	12
6	13	6	13	6	11	6	11	6	10	6	13
7	14	7	14	7	12	7	12	7	11	7	14
8	15	8	15	8	13	8	13	8	12	8	15
9	16	9	16	9	14	9	14	9	13	9	16
10	17	10	17	10	15	10	15	10	14	10	17
11	18	11	18	11	16	11	16	11	15	11	18
12	19	12	19	12	17	12	17	12	16	12	19
13	20	13	20	13	18	13	18	13	17	13	20
14	21	14	21	14	19	14	19	14	18	14	21
15	22	15	22	15	20	15	20	15	19	15	22
16	23	16	23	16	21	16	21	16	20	16	23
17	24	17	24	17	22	17	22	17	21	17	24
18	25	18	25	18	23	18	23	18	22	18	25
19	26	19	26	19	24	19	24	19	23	19	26
20	27	20	27	20	25	20	25	20	24	20	27
21	28	21	28	21	26	21	26	21	25	21	28
22	29	22	29	22	27	22	27	22	26	22	29
23	30	23	30	23	28	23	28	23	27	23	30
24	31	24	1	24	29	24	29	24	28	24	31
25	1	25	2	25	30	25	30	25	1	25	1
26	2	26	3	26	31	26	31	26	2	26	2
27	3	27	4	27	1	27	1	27	3	27	3
28	4	28	5	28	2	28	2	28	4	28	4
29	5			29	3	29	3	29	5	29	5
30	6			30	4	30	4	30	6	30	6
31	7			31	5			31	7		

SECOND HALF

July		April		Aug.		May		Sept.		June		Oct.		July		Nov.		Aug.		Dec.		Sept.	
1	2	3	4	5	1	2	3	4	5	8	9	10	11	12	1	2	3	4	5	8	9	10	11
6	7	8	9	10	13	14	15	16	17	13	14	15	16	17	6	7	8	9	10	13	14	15	16
11	12	13	14	15	18	19	20	21	22	18	19	20	21	22	11	12	13	14	15	18	19	20	21
16	17	18	19	20	23	24	25	26	27	23	24	25	26	27	16	17	18	19	20	23	24	25	26
21	22	23	24	25	28	29	30	31	1	28	29	30	31	2	21	22	23	24	25	28	29	30	31
26	27	28	29	30	3	4	5	6	7	3	4	5	6	7	26	27	28	29	30	3	4	5	6
31					8	9	10	11	12	8	9	10	11	12	31					8	9	10	11

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